

Discover **Mindful Eating** is...

- ☺ The fastest and easiest book to use when introducing the concept of mindful eating activities into your counseling sessions.
- ☺ 51 photo copy ready handouts -- just copy and GO!
- ☺ Fully reviewed by dietitians, mindful eating and mindfulness experts.
- ☺ Simple organization of topics makes it easy to find just the right handout -- every time!
- ☺ Each handout has a professional instruction sheet that offers:
 - ☺ Handout Description
 - ☺ Comments to Consider
 - ☺ Talking Points to Use with the Clients
 - ☺ Other Handouts that Might be Helpful
 - ☺ And space for your observations